

Cranbuzz

1st edition of 2022

EDITORS:

Isabelle Wright, Mia Jackson, Mayah Reid and Martha Tatnell

INTRODUCTION

WELCOME BACK!

That's the end of yet another half term, and to mark it, a new edition of Cranbuzz! We hope you enjoy reading it as much as we enjoyed putting it together...

...Remember to relax and de-stress over this holiday!

And from all of us at Cranbuzz; a big thank you to those of you who got involved and of course, thank you to our readers!



Cran
School



PLEASE READ

IMPORTANT NOTICE

ARE YOU LEAVING SCHOOL?

GOING ONTO FURTHER EDUCATION OR TAKING AN APPRENTICESHIP?

Perhaps the Fiennes Stanley Wykeham Cornwallis Trust could give you some

ABOUT THE TRUST: Set up in the mid 1980s from the sale of 1 and 2 School Cottages in Sissinghurst, this trust has helped many apprentices and university students with; books, tools, and materials needed for their courses. Whether you want to study; Medicine, Law, become a Mechanic, Electrician or Plumber, become an Interior Designer, or something else, we might be able to offer you some financial support.

financial help

SO, do YOU fit the following criteria?

- Are you going on to Further Education, Training, University or an Apprenticeship? ☐
- Do you live in Sissinghurst, or did you attend Sissinghurst Primary School for a minimum of 2 years? ☐
- Are you under 25 years of age? ☐

If you fit this criteria, and are interested, please contact Mrs Mellor by email for further details and an

application form: Sissinghurstawards@gmail.com

OR Telephone **01580 714618**

HALF TERM ROUND UP – a briefing of the main events.



ALLANTINES



Thank you to everyone who bought Allantines and helped raise money for the Sam West Foundation. They all sold out!

Grease: The Musical

Such a fantastic show and a great atmosphere all around. Well done to the amazing actors, the excellent ensemble, and especially to Mrs Deeble and Mr Hulland-Rumley! You were all great and made the school so proud.

'So unbelievably proud of this show and everyone involved in it! You are all AMAZING! One big Grease family with memories that will last a lifetime!' – Cranbrook Performing Arts

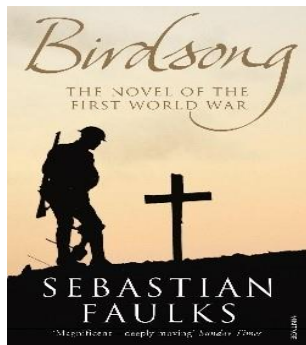
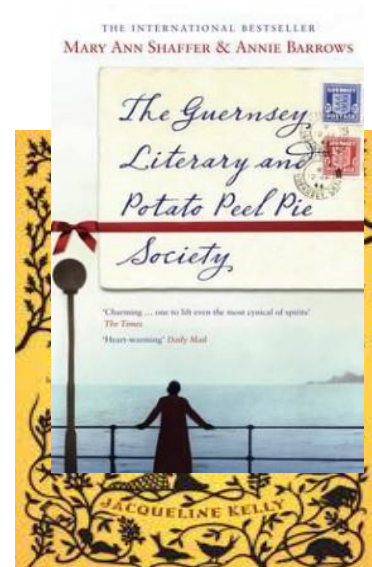


Reading Through the Decades of the Twentieth Century

By Gemma Brassley

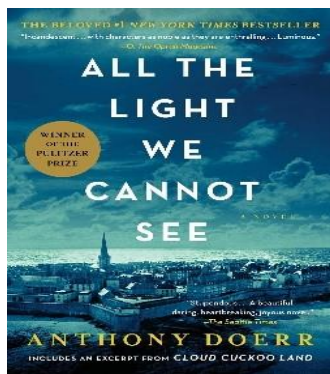
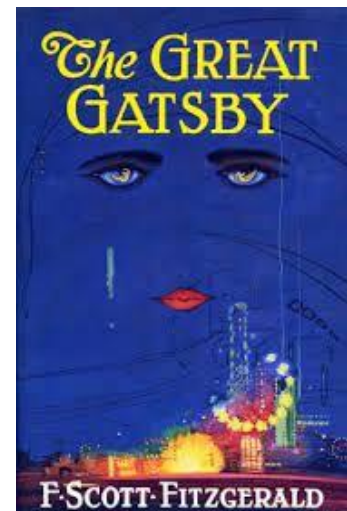
Travel through the 20th century in a selection of beautiful novels: one for every decade, perfect for settling down with on a cosy afternoon. From the trenches of World War One to the streets of 1990s Bradford, this selection brings together historical fiction from a range of perspectives, allowing present and future generations to learn from the past.

The Evolution of Calpurnia Tate by Jacqueline Kelly follows a young girl in the 1900s as she learns with the breakthroughs of the time about science and evolution with her grandad and escape the world of housework and domestic arts her mother is determined she should succeed in.



Birdsong by Sebastian Faulkes explores the destruction and trauma of the battlefields of the Somme in 1916 from the perspective of a young soldier who has joined up after his affair with the wife of a French businessman falls apart.

The Great Gatsby by F. Scott Fitzgerald is set in 1920s America and follows the connections between a lovestruck millionaire and his neighbour, the cousin of his former lover. Set in the “Roaring Twenties”, the novel contrasts the gap between the classes of the era.



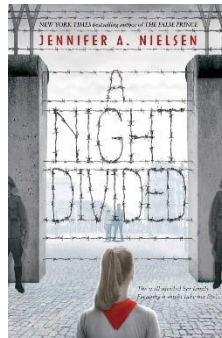
All The Light We Cannot See by Anthony Doerr follows the intertwining stories of a blind French girl and a German boy in German occupied France in the second world war. It offers a different perspective of life and war yet captures perfectly the fear of many.

The Guernsey Literary and Potato Peel Pie Society by Annie Barrows and Mary Ann Shaffer follows a young writer who exchanges a series of letters with residents of the island of Guernsey, just after the end of the second world war in the late 1940s, and feels compelled to visit the island to get a real sense of what it was like under German occupation during the war.

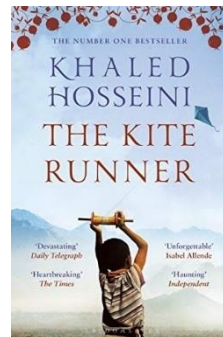


The Darling Buds of May novella by H. E. Bates is set in 1950s rural Kent, and follows the story of a large family in the countryside and the life they live in a small village. It was recreated in the 90s as a TV series, and has just been remade as *The Larkins* last year.

A Night Divided by Jennifer A. Nielsen journeys through 1960s Berlin as a young girl and her brother try to escape for West Berlin after her family is separated by the rise of the Berlin Wall. Her father and other brother left in search of work in East Berlin, and now find themselves stuck on the other side of the city to their family. They must tunnel beneath the wall, but no one can be trusted to help, and if they are caught the consequences will be brutal.

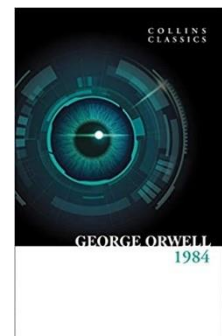


The Kite Runner by Khaled Hosseini is set in Afghanistan during the Soviet invasion and follows the story of the unlikely friendship that develops between a wealthy Afghan boy and the servant. It explores the contrast between class, culture, and the consequences of war.



1984 by George Orwell is set in a dystopian future and follows the story of a government employee who rebels against the regime. It explores the themes of surveillance, control, and the loss of individuality.

1984 by George Orwell is set in a dystopian future and follows the story of a government employee who rebels against the regime. It explores the themes of surveillance, control, and the loss of individuality. The novel is set in a future where the government watches every move and thought, and the protagonist's identity is lost under the strict regime of 'Big Brother'.



If Nobody Speaks of Remarkable Things by Jon McGregor is set in a Bradford in the 1990s and follows the story of a single street over the course of a single day. The lyrical descriptions move from one nameless resident to another to create the bigger picture of the lives that all intertwine without even knowing each other running up to an event that will scar them forever.

Importance of Iron for teenagers

During childhood (ages 9 to 13) both boys and girls need about 8 milligrams of iron daily. As teens grow, their muscle mass increases and blood volume expands, increasing their need for iron, so the recommendation jumps to 15 milligrams daily for girls ages 14-18 and 11 milligrams daily for boys ages 14 to 18

Teenage girls especially tend to have lower intake of foods that provide iron.

Girls are also at increased risk of iron deficiency due to iron loss during menstruation



Low Vitamin B12 and low iron levels are causes of anaemia. Anaemia is when you do not have enough healthy red blood cells to carry the oxygen you need around your body.

When anaemia first develops, symptoms can be: loss of appetite, constipation, headaches, irritability and difficulty concentrating. As anaemia becomes more serious, symptoms can extend to weakness, fatigue, coldness in the extremities, depression, pale and brittle nails, pale lips and eyelids, soreness in the mouth and menstruation can cease for women.

Anaemia should always be investigated by your Health Professional to determine the cause as it can be a symptom of other health concerns.



By Martha Tatnell

VALENTINE'S DAY – WHAT, WHERE, WHY, HOW?

Everyone is familiar with the day of the year called Valentine's. It is the day that is typically used to celebrate and acknowledge the love that you have for each other. Some like it, some don't. But how did it come about? Why February 14th? Where did it originate?

Valentine's day, also called Saint Valentine's day or the Feast of Saint Valentine, originated as a Christian feast day honouring one or two early Christian martyrs named Saint Valentine and, through later folk traditions, has become a significant cultural, religious, and commercial celebration of romance and love in many regions of the world.

There is a myth that Saint Valentine performed weddings for Christian soldiers who were forbidden to marry. An 18th century myth also says that he wrote the jailer's daughter a letter signed 'Your Valentine' as a farewell before his execution – linking this day to the theme of love.

The Feast of Saint Valentine was established by Pope Gelasius I in AD 496 to be celebrated on February 14 in honour of Saint Valentine of Rome, who was executed on that date in AD 269.

The day became associated with romantic love in the 14th and 15th centuries when notions of courtly love flourished, apparently by association with the "lovebirds" of early spring. In 18th-century England, it grew into an occasion in which couples expressed their love for each other by presenting flowers, offering confectionery, and sending greeting cards.



HAPPY VALENTINE'S DAY!

In English we were asked to write a description of a room with no characters.

The Kitchen

The sun weakly shone its light through the dust caked windows of the kitchen. The door is flapping open and closed, open and closed, smashing against the wall. Every time it hits the wall, a small crack appears on the wall and plaster plunders down.

The room smells like rotten wood with pools of water on the floor. There are several pairs of boots by the stairs which are covered in duct tape which have been nibbled by rats. On the floor, there is milk that has turned yellow from being there so long and there is a smashed glass next to it.

The plastic table used as a dining table has a crack in the middle and the contents of the last meal are there. A plucked dead chicken, several knives caked in blood lay next to it. Fungi is growing off the cups of what once was diet coke.

You could tell a child was once there as an object, which was not visible to the human eye at first, but once adjusted to the dark you could see a highchair covered in slimy grease.

Whoever was here left in a rush.

Levi Hockney (9H_JD)



What could happen if we do nothing about climate change?

Climate change, we hear ideas about how to mitigate it all the time. But what would happen if we did nothing? Just carried on as usual? What state would our planet be in if we made no efforts to save it?



Imagine it is 2050. We decide to ignore the climate crisis and carry on with our lives. The Earth is getting hotter, irreversibly so, parts of the planet are now inhabitable as it is simply too hot. Trees had absorbed carbon dioxide for many years but now most of the forests have been chopped down for wood or burnt by wildfires. Higher sea

temperatures mean there are many more tropical storms so coastal cities have experienced catastrophic hurricanes and damage. Many people have been killed as a result of these storms and even more find themselves displaced. Now as people move to higher ground to escape flooding, places become densely populated and disease is rampant. People who have nowhere else to go find themselves living in houses flooded with water, coughing and suffering from respiratory problems due to the mould. Even if they did leave, they are only going to end up in a highly populated city or town, where people fight over the food and water sources there still are. The conflict problems are only worsened with the constant waves of immigration coming from places that have become almost unbearable to live in, the cities cannot cope, there is not enough water for everyone. More people are starving as there is lots of food insecurity and prices have risen. Life is extremely difficult, and sense of guilt consumes people. Why didn't we do something when we had the chance?

This dystopian future would be a result of doing nothing, yet we as families and as a wider population are doing what we can. In 2021 190,729 electric or hybrid cars were sold. Electric cars cause significantly fewer greenhouse gas emissions than petrol or diesel cars. We can all do something to help limit climate change, it's not out of your control! For example, walking where you can or using public transport, one bus is a lot better for the planet than 50 cars! Solar power doesn't release any greenhouse gas, so they are a more environmentally friendly option. Even if you don't have solar panels, by switching to energy efficient appliances you reduce the electricity needed. Lots of our electricity and heat comes from gas, coal and oil, these release greenhouse gases.

Do something now. Or do you fancy living in a world battered by storms, overrun with riots, stripped of food and sweltering in an unbearable heat? This generation has the power to prevent a crisis, to make sure our children, the next generation, have a future.

Why would you not want to help?

By Amy Moxey, year 9





Masterclass Season 2021

Following last year's lockdown series of online masterclasses (which ranged from Mme Lavigne's talk about Colour, to Miss Williams' talk on the psychology of sport), this year Dr Darby has facilitated a new series of masterclasses for us. Year 9 scholars all attend and are joined by many more people, students and teachers alike, because everyone is welcome. This year we've heard/watched Dr Darby's talk about testosterone, Dr Rosemary Grain's talk on life in a London hospital, Dr Tony Craig from Staffordshire University presenting 'Russia, Trump, Spying and the Cold War' and Mrs Warren introducing Early Christian Iconography.

My personal favourite was Dr Darby's talk. He explained the very interesting subject matter of whether there is a link between levels of aggression and testosterone. It was particularly enlightening delving into the area of proof (or lack thereof) and how things can get published with insufficient evidence or based on a sample of a very small number of people. In addition, people always try to make money from others who believe they 'need' something to become 'better' in some way. For example, we learnt that testosterone supplements to make you more 'manly' are a waste of money unless you have a genuine deficiency of testosterone.

Overall, these talks have been brilliant and have exposed new ideas and knowledge to all those who watched them. If you missed them and want to watch them, they have been recorded so you can email Dr Darby for the links. For future talks, just follow the invitation in the calendar.

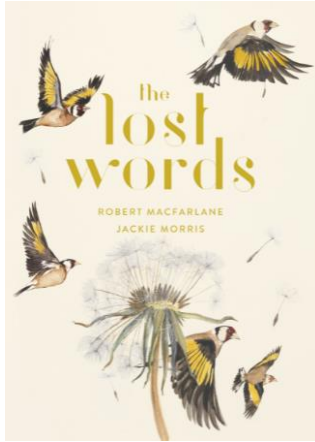
Thank you very much to Dr Darby for organising these talks and to everyone who presented!

By Eliza Briffa - year 9 modern languages scholar

**EXPAND YOUR
KNOWLEDGE!**



LANGUAGE EYE..... BY ELIZA BRIFFA 9N1



ARE YOU OR DO YOU KNOW A ...?

quacksalver? sillytonian?

DO YOU...

peacockise? betrump people?

DO YOU FEEL ...?

merry-go-sorry? ... fumish? ...or wlonk?!!

The book *The Lost Words* by Robert MacFarlane and Jackie Morris contains poems and beautiful illustrations of words from the natural world, such as 'wren', 'otter', 'brambles' and 'kingfisher'. It was written because many words of plants and animals were falling into disuse and had been removed from the Oxford Junior Dictionary. The book creators want to make the words popular again and to increase children's knowledge of the natural world.

As well as this book and these words, there have been other 'Lost Words' initiatives, hoping to bring other disused English words back into use. Here are some examples of words chosen by Dr Dominic Watt and his team at York University. Why were these words chosen? Dr Watt feels that they are now highly relevant to our life again. The thirty words his team chose are grouped into themes of post-truth/deception, appearance, personality/ behaviour and emotions. Here are ten of my favourites from the list:

Ambodexter, n - One who takes bribes from both sides

Betrump, v - To deceive, cheat; to elude

Fumish, adj - hot-tempered, irascible, passionate

Merry-go-sorry, n./adj. – a mixture of joy and sorrow

Peacockize, v – to pose or strut ostentatiously

Quacksalver, n - A person who dishonestly claims knowledge of medicine

Rouker, n - A person who whispers or spreads rumours

Sillytonian, n - A silly or gullible person

Tremblable, adj - Causing dread or horror

Wlonk, adj + n - Proud, haughty; splendid

Art Therapy



What is it?

Art therapy is a form of psychotherapy that uses art media as its main mode of expression and communication. Art therapists/art psychotherapists use art as a medium to address emotional issues which may be confusing and distressing.

How is it used?

Self-exploration and self-expression are important parts of the artistic creative processes and can be well integrated into trauma therapy. Art therapists use artistic expressions to talk to their patients about particularly serious issues such as sexualized violence or the traumatic loss of relatives. By drawing on their own feelings, patients can overcome their speechlessness and take an active role in their recovery.

Is it for everyone?

Art therapy is for everyone, but particularly appealing to children who like to take the opportunity to express themselves in creative ways. One example where art therapy had helped is with a boy who fled Syria. For weeks he didn't speak and painted only black flowers, likely depicting his dark thoughts. Over several sessions, our staff encouraged him to use a broader colour spectrum. Soon, he became livelier and began to speak, drawing new life. Painting, creating and playing gives children who have experienced unimaginable trauma the chance to regain a piece of their lost childhood. Although it may be appealing to children, art therapy is completely beneficial to anyone who may want/need it.

Art Therapy History...

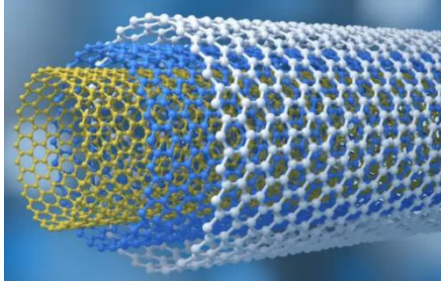
When World War II began more and more soldiers were coming home with noticeably different behaviours and personalities. These behaviours were first described as shell shock and later became known as identifiers of Post-Traumatic Stress Disorder. Art Therapy became an important tool in treating these soldiers because, for whatever reason, the soldiers seemed to cope better with their trauma once they could create images that expressed their inner feelings. In many ways, their art was a way to release the pent-up emotions and memories that haunted them from combat. Similar techniques were used for Jewish orphaned children after the war as a cheap form therapy at the time.



SCIENCE NEWS: Quantum friction

by Joel Briffa 9N1

Water flows faster through narrower carbon nanotubes than wider ones. Up until now there has been no explanation for why this happens. But Nikita Kavokine at the Flatiron Institute in New York and his team have now proposed an answer: quantum friction.



A magnified carbon nano-tube.

REGULAR FRICTION:

Normally, in NON-nano-tubes, we expect that the narrower the tube, the more friction and the more slowly the water would flow. This is because a narrower pipe has a larger surface area of pipe wall relative to its cross-section area. So the frictional forces are greater and this slows the water down.

Carbon nano-tubes don't behave like this. Water flows more easily through the narrower tubes.

NANO-TUBES – what are they and how small are they?

Carbon Nanotubes are less than 100 nanometers in diameter and can be as thin as 1 or 2 nm. (A carbon atom is 0.16 nm). They are made from layers of graphite stacked on top of each other.

ADDITIONAL FACT (which also hadn't been explained before)

It has been observed that water also flows more easily through nanotubes with thinner walls (i.e. those made from fewer layers of graphite), regardless of nanotube diameter.

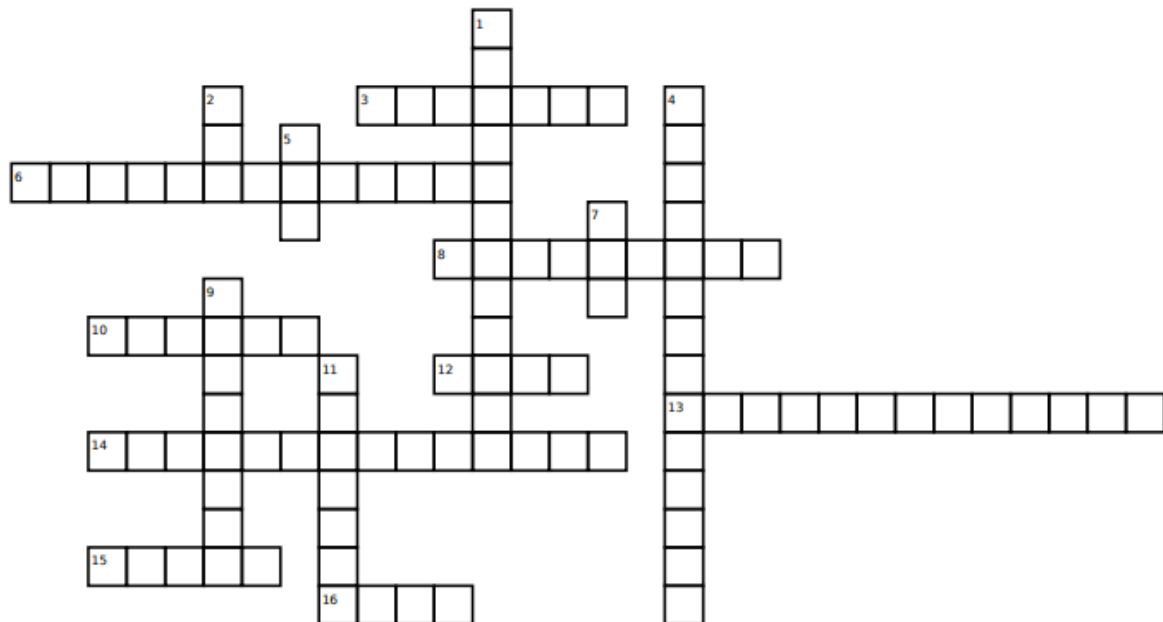
FIRST REASONABLE EXPLANATION PROPOSED BY NIKITA KAVOKINE (Flatiron Inst., New York)

Kavokine (and his team)'s explanation combines quantum mechanics and fluid dynamics.

Water is made up of molecules that move in different directions and bump into each other. They are unevenly distributed, so water has an electrical charge at a microscopic level. The electrons in carbon nanotubes are free to move about and can therefore push and pull on the microscopic fluctuations in the water. This creates quantum friction.

The walls of carbon nanotubes have hundreds of graphite layers which are precisely aligned. Kavokine theorises that the curving of these layers in the nanotubes distorts this alignment, hindering the free-movement of electrons. Narrower nanotubes have a greater curve in their graphite layers, so there are fewer electrons to interact with the water ie a smaller amount of quantum friction.

Kavokine's team explains that the nanotubes with thicker walls will have a greater number of electrons that can jump between layers to push and pull on the water. This would then explain why nanotubes with thick walls cause more quantum friction than thinner-walled ones.



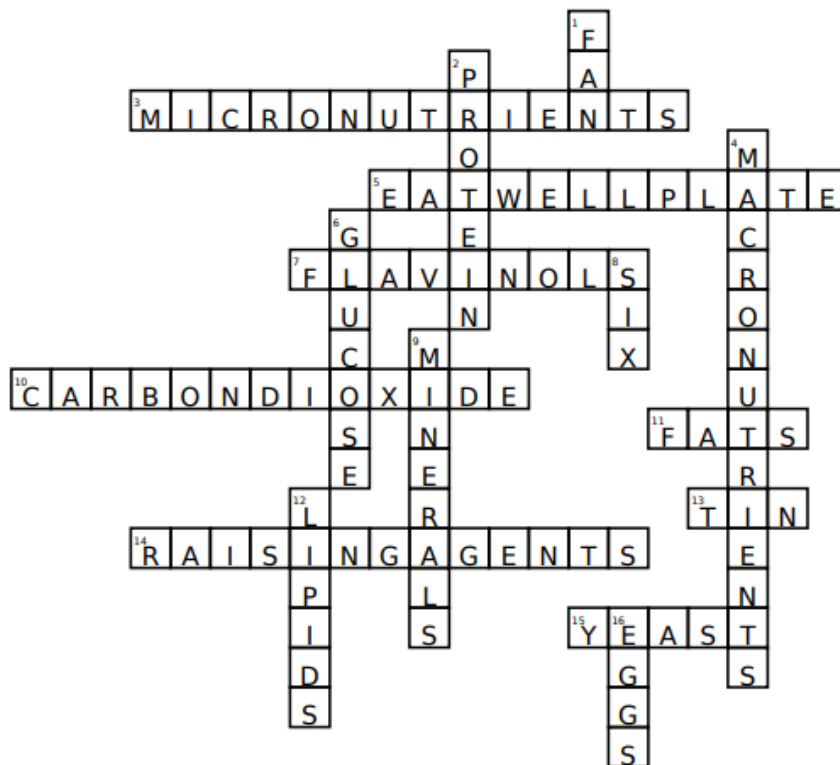
Down:

1. the thing the government publishes to help us eat healthier
2. the thing used to move heat around the oven
4. nutrients your body needs in smaller amount
5. minimum glasses of water you should drink as advised by the government
7. the thing used to put the batter into
9. a micronutrient
11. the substance contained in sugar

Across:

3. nutrient that repairs muscle and tissue damage
6. the gas that is produced by raising agents when reacted
8. the nutritious part of a cocoa bean
10. different word for fats
12. nutrient that protects organs
13. the things that makes cakes rise
14. nutrients your body needs in large amounts
15. bacteria used to make doughs
16. the ingredient that sets cakes

FOOD CROSSWORD by Olly, Year 9.



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FOOD CROSSWORDS - ANSWERS